

# TOP 3 WAYS TO DETOX YOUR BODY & IMPROVING YOUR HEALTH

*WITH SEA KELP*



***"First it was wheat grass then it was kale but kelp is now being touted as the latest nutritional powerhouse ingredient to add to your diet. I'm not surprised because it's certainly good for detoxing your body." Sandy Halliday, 2015***

Kelp is full of minerals, vitamins, antioxidants and alginates that can really help with detox, weight control, anti-ageing and improving your health. Sea plants contain 10-20 times the minerals as land-based plants. Kelp even contains a little omega-3 fatty acid.

Kelp contains magnesium, potassium, folate, vitamin K, calcium and iron as well as protein. It is particularly high in iodine which is needed for the thyroid to produce thyroid hormone which regulates metabolism and helps with weight control.

Many people are low in iodine these days because of the trend for low salt diets, and iodine antagonists such as bromine, chlorine and fluorides which get into your body and interfere with iodine uptake and utilization.

A 2008 study showed that the form of iodine in kelp can detox free radicals, those highly reactive molecules that accelerate ageing.

Alginates are higher in sea kelp than other seaweeds such as bladderwrack, Irish moss, dulse, nori, hiziki, wakame. You have probably already eaten sodium alginate without knowing it as a food additive in ice cream and soy sauce where it's used to enhance flavor and taste. Many processed foods contain it, as it's an effective binding agent.

Alginates bind to heavy metals, radioactive elements such as iodine-131 and strontium-90, and environmental toxins within the digestive tract, preventing reabsorption into the bloodstream. Heavy metal toxicity is an often an overlooked root cause of a number of serious health issues.

Because sea kelp has the ability to chelate heavy metals it is important to only take kelp that is guaranteed to be free from heavy metal and other pollutants."

Kelp is available in a variety of forms including fresh, dried, as powder and capsules or tablets.

**The following are 3 of the best ways of using kelp for detoxing your body.**

1. **Sea Kelp Baths** One way to detox your body with kelp is to use it in a bath. Look for organic powdered kelp that is free from pollutants. Mix a pound of the powder with 4 cups of water and cook the mixture on a low heat for an hour. Add the cooked mixture to a tub of warm to hot water. Soak in the water for 20 minutes to one hour. You will absorb some of the many vitamins and minerals which helps to detoxify heavy metals and radiation. If you don't like the sea weed smell you can add a few drops of your favorited essential oil. You can do this bath three times a week for up to a year.
2. **Kelp Smoothies** Use kelp in juices and smoothies for an effective body detox. You just have to add a half to one teaspoonful of organic kelp to your smoothie and then blend as usual. Kelp does have a salty taste, so don't add too much of it. I find that a teaspoon doesn't affect the taste much at all.
3. **Cooking with Kelp** You can use fresh or dried kelp for cooking. You may be able to find it fresh if you live near the sea but if not you can buy fresh kelp online. Kelp has not gone mainstream yet so is more difficult to find in supermarkets but you should be able to find it in Asian food stores where it's known as Kombu or in your health food store. Simply add a sheet or a handful of shredded seaweed to whatever you are cooking. Added to a pot of beans it will make them more tender and digestible. You can soak dried sea kelp in water, drain well and then gently stir fry with vegetables in a wok. You might see raw kelp noodles which are made from the inside of kelp. They are not noodles at all of course but have a crunchy texture and can be added to salads or tossed with a pesto. Detoxing your body with seaweed is extremely simple and at the same time it's very beneficial for your health. On top of helping you have a better looking skin, reducing blood pressure and cholesterol, sea kelp can also detox heavy metals and radiation which will greatly improve your overall health.

Reference: <https://thedetoxspecialist.com/blog/top-3-ways-of-detoxing-your-body-with-sea-kelp>

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